

How can I prepare for an attack?

Try not to panic. *Keep your cool!* The best way to prepare is to gather and store emergency supplies for your family. You should keep the following things handy:

- A three-day supply of water for each family member (one gallon per person per day).
- Canned food and non-spoiling foods like cereal, crackers and peanut butter (don't forget food and water for your pets).
- A radio and flashlight with extra batteries.
- A first-aid kit with over-the-counter medicines.
- Prescription medicines needed by family members.
- A small tool kit.
- Extra blankets in the car.
- Extra clothing for different kinds of weather.

Also, make a plan to keep your family in touch:

- Decide on places outside the home where you could meet if family members are in different places during an attack.

- Choose a friend or relative outside the state who can act as a message center. Make sure each family member knows this person's phone number.
- Know your child's school emergency plans in the event of an attack.

How can I learn more about bioterrorism?

You can call the **Maryland Department of Health and Mental Hygiene's Public Health Hot Topic** telephone line at 1-866-866-2769, or TTY 1-800-735-2258.

You can also find information at these Web sites:

Maryland Department of Health and Mental Hygiene

www.dhmh.state.md.us

Centers for Disease Control and Prevention

www.cdc.gov/smallpox



Maryland Department of Health and Mental Hygiene

Robert L. Ehrlich, Jr., *Governor*

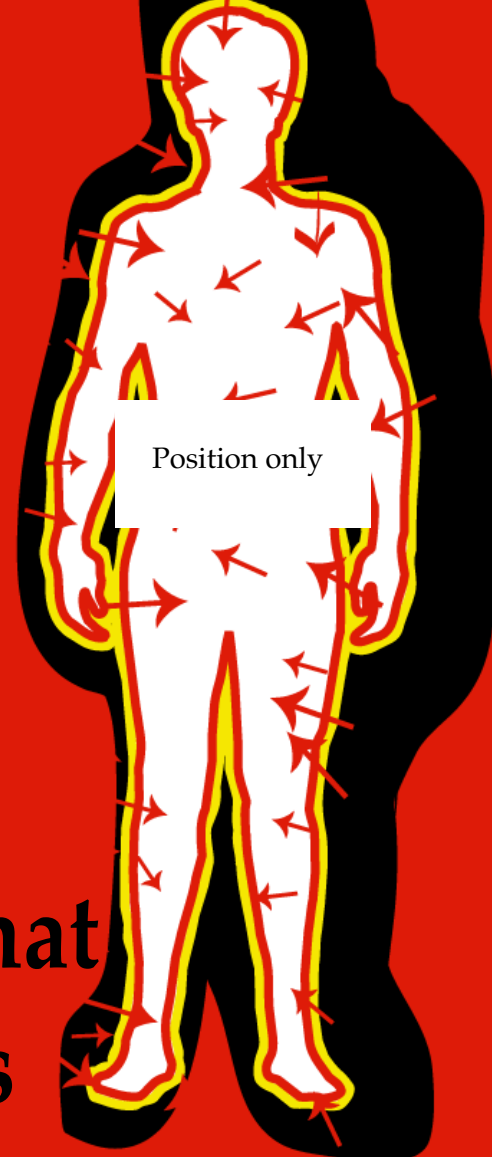
Michael S. Steele, *Lt. Governor*

Nelson J. Sabatini, *Secretary*

The services and facilities of the Maryland Department of Health and Mental Hygiene (DHMH) are operated on a non-discriminatory basis. This policy prohibits discrimination on the basis of race, color, sex, or national origin and applies to the provisions of employment and granting of advantages, privileges and accommodations.

The Department, in compliance with the Americans With Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits, and employment opportunities.

Bioterror. - English - A



What is Bioterrorism?

What is bioterrorism?

Bioterrorism is a way of spreading bacteria, viruses or natural toxins (poisons) that can cause sickness or death to many people at once.

How could this happen?

Terror attacks could happen in many different ways. Food and water could be poisoned. Bacteria or viruses could be released into the air. Animals could be infected.

People who have smallpox or plague could spread the disease with or without knowing they are sick. Some germs could be spread through heating and cooling systems or through the mail.

Could such an event happen here?

It is possible for an attack to take place at any time, without warning. In 2001, five people on the East Coast died as a result of anthrax poisoning. It only takes a small container of germs to infect many people. A vial of bacteria could easily be hidden in a person's pants or coat.

What should I do if there is an attack?

- Listen to the radio or television for instructions. You might be told where to go and the best way to get there. You may be asked to stay in your home. It all depends on what is happening.
- If you are away from home and there is an attack, get to a safe place right away. Try to get upwind from the danger if it is a chemical attack or seek a safe place if it is bacterial.
- If you stay in your home, go to a room with no windows if you have one. Make sure windows and doors are shut. Turn off any air system that brings air in from outside. Many bioterrorism agents weaken after a few hours if used outdoors. Some germs cannot live long after being exposed to sunlight.

What if I am exposed to bioterrorism agents?

Listen to the radio or television for instructions. If you know you have been in contact with something that could be bad, remove all your clothing, place it in a bag and tie it shut. Wash yourself with warm soapy water as soon as possible. Seek medical help quickly.

Some signs of illness may not show up right away. The symptoms for each kind of infection are different.

- **Smallpox** can cause fever, tiredness and a rash.
- **Anthrax** can cause flu-like symptoms, internal bleeding or reddish-brown sores on the skin.
- **Plague** may cause chills, fever, a fast pulse, and progress quickly to pneumonia.

Will there be any kind of cleanup after an attack?

The state will work with federal and local governments to make the area safe.